

# Soccer Practice Planning Sheet

## Ages 12-14

Tuesdays/Thursdays @ Eau Claire Soccer Park

Practice 1	Practice 2
<p><b>SPORTSMANSHIP</b></p> <p>5 min. Check-in/Attendance</p> <p>5 min. <u>Warm-Up Cardio</u> Laps around field and stretching</p> <p>5 min. Team Up: <u>Sportsmanship</u></p> <p>25 min. <u>Dribbling</u> Dribbling activities</p> <p>15 min. <u>Scrimmage</u> Against your own team or against team you are sharing a field with</p> <p>5 min. <u>Cool down/stretch</u></p>	<p><b>SPORTSMANSHIP</b></p> <p>5 min. Check-in/Attendance</p> <p>5 min. <u>Warm-Up Cardio</u> Laps around field and stretching</p> <p>5 min. Team Up: <u>Review Sportsmanship</u></p> <p>25 min. <u>Passing/Receiving</u> Passing/Receiving Drills</p> <p>15 min. <u>Scrimmage</u> Against your own team or against team you are sharing a field with</p> <p>5 min. <u>Cool down/stretch</u></p>
Practice 3	Practice 4
<p><b>PERSEVERANCE</b></p> <p>5 min. Check-in/Attendance</p> <p>5 min. <u>Warm-Up Cardio</u> Laps around field and stretching</p> <p>5 min. Team Up: <u>Perseverance</u></p> <p>25 min. <u>Shooting</u> Shooting Drills</p> <p>15 min. Scrimmage Against your own team or against team you are sharing a field with</p> <p>5 min. <u>Cool down/stretch</u></p>	<p><b>OPTIMISM</b></p> <p>5 min. Check-in/Attendance</p> <p>5 min. <u>Warm-Up Cardio</u> Laps around field and stretching</p> <p>5 min. Team Up: <u>Optimism</u></p> <p>25 min. <u>Goalkeeping</u> Goalkeeping Activities</p> <p>15 min. Scrimmage Against your own team or against team you are sharing a field with</p> <p>5 min. <u>Cool down/stretch</u></p>

# Soccer Practice Planning Sheet

## Ages 10-11

Tuesdays/Thursdays @ Eau Claire Soccer Park

Practice 5	Practice 6
<p><b>RESPECT</b></p> <p>5 min. Check-in/Attendance</p> <p>5 min. <u>Warm-Up Cardio</u> Laps around field and stretching</p> <p>5 min. Team Up: <u>Respect</u></p> <p>25 min. <u>Heading</u> Proper ways to head the ball Heading Drills</p> <p>15 min. Scrimmage Against your own team or against team you are sharing a field with</p> <p>5 min. <u>Cool down/stretch</u></p>	<p><b>TEAMWORK</b></p> <p>5 min. Check-in/Attendance</p> <p>5 min. <u>Warm-Up Cardio</u> Laps around field and stretching</p> <p>5 min. Team Up: <u>Teamwork</u></p> <p>25 min. <u>Striking</u> Striking Activities</p> <p>15 min. Scrimmage Against your own team or against team you are sharing a field with</p> <p>5 min. <u>Cool down/stretch</u></p>
Practice 7	Practice 8
<p><b>SERVICE</b></p> <p>5 min. Check-in/Attendance</p> <p>5 min. <u>Warm-Up Cardio</u> Laps around field and stretching</p> <p>5 min. Team Up: <u>Service</u></p> <p>25 min. <u>All Skills</u> Activities involving striking</p> <p>15 min. Scrimmage Against your own team or against team you are sharing a field with</p> <p>5 min. <u>Cool down/stretch</u></p>	<p><b>REVIEW OF VIRTUES</b></p> <p>5 min. Check-in/Attendance</p> <p>5 min. <u>Warm-Up Cardio</u> Laps around field and stretching</p> <p>5 min. Team Up: <u>Review of Virtues</u></p> <p>25 min. <u>Game Day</u> Activities using all skills</p> <p>15 min. Scrimmage Against your own team or against team you are sharing a field with</p> <p>5 min. <u>Cool down/stretch</u></p>

# Practice 1

## SPORTSMANSHIP

5 min. Check in/Attendance

5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Sportsmanship**

Sportsmanship is defined as:

- playing fair
- following the rules of the game
- respecting the judgment of referees and officials
- treating opponents with respect

Some people define good sportsmanship as the "golden rule" of sports — in other words, treating the people you play with and against as you'd like to be treated yourself. You demonstrate good sportsmanship when you show respect for yourself, your teammates, and your opponents, for the coaches on both sides, and for the referees, judges, and other officials.

But sportsmanship isn't just reserved for the people on the field. Cheerleaders, fans, and parents also need to be aware of how they behave during competition. Sportsmanship is a style and an attitude, and it can have a positive influence on everyone around you. "What do good sports do when they're playing?" "What might happen if the kids playing a game weren't being good sports?"

25 min. **Dribbling**

Dribbling Tips:

- Push the ball softly in the desired direction
- Look up and watch for other players.
- Keep the ball close to your feet.
- Shield the ball from opponents
- Run at a speed you can control the ball
- If you are dribbling fast, push the ball out several feet ahead and sprint to the ball.
- Keep the ball underneath the body, close to the feet

Activities:

- 1) Set up grids suitable for 3 v 3. Place four cones randomly at both ends of the grid. Play 3 v 3 with the goal of knocking the opponent's cones over. The first team to knock over all four cones is the winner.
- 2) Using half the field set up a defensive group including a few midfielders in front of a full-sized goal. The offensive group tries to score on the full sized goal while the defenders attack two small goals placed near the sidelines at midfield.
- 3) Create a dribbling game in which points are awarded for the various number of body parts used by a particular player while in control of the ball.
- 4) Have each player dribble at his own pace in a large area. On a given signal he must dribble with the instep, bottom of foot, inside or outside of foot.
- 5) Move into a grid and play 3 v 3 with the condition that the players may not pass until they have made a successful dribble. Taking someone on and beating them earns big time points.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**

# Practice 2

## SPORTSMANSHIP

5 min. Check-in/Attendance

5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Review Sportsmanship**

Talk about the importance of shaking hands after a game.

25 min. **Passing/Receiving**

Passing is another essential skill, as it allows the team to maintain possession of the ball and create scoring opportunities. Passes should be short and crisp; an opposing player is likely to steal long or slow passes. Players should kick short passes with the inside of the foot.

- Plant the non-kicking foot alongside the ball
- Square up the hips and shoulders to the teammate you are passing to and turn out the kicking foot.
- Swing the kicking foot straight at the center of the ball.
- Follow through by swinging the kicking foot well beyond the point of impact with the ball in the direction of the teammate you are passing the ball to.

### **Activities:**

- 1) Form a line of servers and receivers facing each other. The servers play a ball to a receiver who performs a skill, plays the ball back and then repeats the exercise with the server to his right. The receiver returns to the beginning of the line after he has gone to the last server. The following skills can be performed: play the ball back with the inside of the right foot, then left, jump and head the ball back, collect the ball with the thigh and play back using the inside of the foot, collect the ball with the chest and play back using the instep.
- 2) In a line of 3 players, the center player receives the ball from an outside player, turns with it and plays in to the other outside player. Repeat in the opposite direction. The middle player should receive and turn.
- 3) The coach serves a ball into the grid of 3 v 3 approximately 30 yds from the goal. When the coach gives the signal, the team with the ball attacks the goal while the other defends. If the defenders gain possession, they attack.
- 4) A coach plays a ball into an area of two or three players. The players control the ball and pass it to each other so that every player touches it at least twice.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**

# Practice 3

## PERSEVERANCE

5 min. Meet & Greet

5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Perseverance**

Part of being an athlete is learning how to persist through difficult tasks, especially when the going gets tough. Perseverance means you stick to your job or task no matter how difficult. You keep going. Share an image of a mountain climber reaching the peak or a similar image relating to this theme. Define determination. Determination is the act of making up your mind and deciding what to do. Provide an image such as a baby taking its first steps, a basketball player focusing on a basket. Provide examples of moments when it might feel easier to quit and give up, such as before finishing a race, before you reach the top of the mountain, when homework is tough, or when your bedroom seems impossible to clean. Ask students if they've ever given up too soon.

25 min. **Shooting**

Demonstrate the proper way to shoot. Using the top of your foot (laces). Explain difference between passing where you use the inside of your foot and shooting where you use your laces.

### **Activities:**

- 1) Play 3 v 3 with a goalkeeper to a full size goal using half field. The goalkeeper initiates play. Change roles regularly. Use color differentiation of attackers and defenders.
- 2) Have players jog inside the penalty box while juggling their ball in the air and catching it with their hands. When a player's name is called, the player immediately plays the ball with his feet and takes a shot on goal.
- 3) With half of the players behind the goal, the other half tries to chip balls from varying distances in an attempt to hit the cross bar. This should be done in a given time period to create competition between two groups.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**

# Practice 4

## OPTIMISM

5 min. Meet & Greet

5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Optimism**

Optimism and pessimism are mindsets — ways of thinking and seeing things. Optimists see the positive side of things. They expect things to turn out well. They believe they have the skill and ability to make good things happen.

Here's an example: Griffin and Jake both try out for the basketball team during sophomore year. Neither makes the final cut. Both feel disappointed, but they handle it differently.

Griffin is an optimist. He thinks: "There was a lot of talent at the tryouts and only a few openings. That pushed me to practice hard and I played my best — it felt good! The coach gave me great feedback. I'm going to work on the things he suggested and watch all the games this season. That way, I'll have a better chance next year."

25 min. **Goalkeeping**

### Activities:

- 1) With feet wide apart and stationary, players move the ball with their hands in a figure-eight fashion around their feet. Coach calls right ankle and the ball is moved around it, then left ankle and back to figure eight.
- 2) In pairs, players on their knees about 5 yards apart throw balls back and forth to each other with a push-pass.
- 3) Still in pairs but lying on their stomachs, have players practice the same push-pass. They will need to raise their bodies from the ground to execute.
- 4) Each player with a ball in a sitting position throws the ball into the air then jumps to his feet to catch it before it hits the ground.
- 5) Using four goals about 20 yards apart, have a goalkeeper in each try to score a goal by throwing the ball into one of the other 3 goals.
- 6) With 6 to 8 players in the penalty box, coach serves balls in to be touched on goal. Lots of shots results in lots of goalkeeping action.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**

# Practice 5

## RESPECT

5 min. Check in/Attendance

5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Respect**

A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.

25 min. **Heading**

**Activity:**

- 1) Players move about in an unrestricted area tossing their ball in the air and heading it to themselves.
- 2) Continue by accelerating the speed of movement and the number of times the ball must be headed.
- 3) As in the above activities, each player tosses the ball in the air, heads it twice and then heads it to another player
- 4) In groups of three or four, players try to keep the headed ball alive.
- 5) Using small-sided games teams play to a goal by hand passing to the head. Points are awarded for heading balls properly while progressing toward the goal. A grand slam is a goal scored from a headed ball.
- 6) Divide the players into two teams and play on half field with the emphasis on completing a headed pass or scoring a goal with a head ball.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**

# Practice 6

## TEAMWORK

5 min. Check in/Attendance

5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Teamwork**

Being part of a sports team helps kids develop crucial social skills. Whether they are listening to other people's perspectives or placing the needs of the team before their own, young athletes are taught that, for a team to effectively work together, all members must respect each other's abilities, contributions, and opinions. Teamwork is not just an integral part of youth sports; kids engage in lots of other activities throughout the day that require group participation. In class they work on projects in pairs. On the playground, joint efforts are necessary for fun. And in the lunchroom, kids participate in conversations around the table.

Life is all about learning how to work with others. Teamwork is defined as: "co-operation between those who are working on a task." Commonly teamwork is understood as co-operation and willingness to work together. teamwork can shorten the time, divide the effort, and increase the morale of a group who are working towards a common goal. For a team to work together effectively, it takes all members of the team to respect each other's abilities and opinions.

- the journey of a team throughout a season is often memorable
- friendships built within a team can last a lifetime for some players
- allows for people to become part of something of value
- give participants stronger communication skills
- teach people the value of hard work, commitment and dedication
- motivate every member
- teach them to work better with others
- learning to deal with conflict

25 min. **Striking**

Review proper way to strike a ball

### **Activity:**

- 1) Players try to hit the other players with shots. Like a game of tag, when a player is hit, he is "it" and tries to hit someone else. Confine the space to the center circle or the goal area. Players may only hit below the waist.
- 2) Set up targets in various places using half the field. The players begin one at a time to hit the targets (cones) while on the move.
- 3) Play 3 v 1 in a confined space. The player in the middle is sitting and not trying to win the ball from the other three, but rather is the target for the other three to hit. The player in the middle may not leave the ground in his attempts to avoid being hit.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**



# Practice 7

## SERVICE

5 min. Check in/Attendance

5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Service**

It's important to help others in everything we do. It's important to do things that make your team better, your school better, your home better, your world better. Children who are helpers, become well acquainted with their community, gain an awareness of the larger world and take pride in what they're doing. They learn to focus more on the team effort than on their individual accomplishments. How can you help make your world better?

25 min. **All Skills**

Activities:

- 1) Assign four or five players to a group. Each group forms a circle about five yards in diameter. The groups have a ball and players jog in place. As soon as a player passes a ball to another in his group, he makes some kind of move. The receiving player must duplicate the action before he gets the ball and he must make another action as soon as he passes to another player.
- 2) Play 4 v 4 in a group championship in which the team that wins games advances to the next game. Do not, however, let those teams who have lost, lose faith or think the tournament is over.
- 3) Set up as many small playing areas as needed for all to play 2 v 2. Play for two minutes, change opponents and play again.
- 4) Divide into two teams and play in a restricted area. Instruct players to use only their weak foot. Play the game for a while and then allow them to play normal, unrestricted soccer.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**

# Practice 8

## REVIEW OF VIRTUES

5 min. Check in/Attendance

5 min. Warm-Up Cardio

Jog and Stretching

5 min. Team Up: **Review of Virtues**

- Sportsmanship
- Perseverance
- Optimism
- Respect
- Teamwork
- Service

25 min. **Game Day**

### **Soccer Golf:**

The game is played in pairs. Each player has a ball. The first player strikes his ball as far in any direction as he wishes. The ball must stay on the ground. When the first player's ball stops, the second player has two shots to hit the first player's ball. If he hits the first player's ball, then he receives one point and he serves the next ball. If the player who is shooting at the ball misses, he receives no points and must play his ball away. The first player to give five points wins.

### **Soccer World Cup:**

Divide the player's into groups of three, four or five on a team. Each team is gathered around the goal in the penalty area. The coach has all the balls at his feet and controls the start and direction of play. One team plays with a goalkeeper and may not leave the line. The other team attempts to score goals. A goal is scored when the last touch before the ball crosses the line is made by a team member. Example: Teams on the field are USA, Brazil, Italy, Germany, and Scotland. A shot is taken by Brazil and bounces off an Italian player and is finally netted by a player from the USA. USA scores and their team leaves the field. The last team to leave the field now defends the goal and points are tallied. The game is won by the team which scores the most goals.

15 min. **Scrimmage**

Scrimmage against own team or team you are sharing a field with.

5 min. **Cool down/stretch**